

**Supplementary Table 3. Principal component regression between resting hormones and the change in each type 1 CSA, type 2 CSA, and LBM.**

Pre-intervention resting					Post-intervention resting				
	Estimate	SEM	t-value	p-value		Estimate	SEM	t-value	p-value
<b>Δ Type 1 CSA</b>					<b>Δ Type 1 CSA</b>				
Intercept	667	149	4.5	<0.01	Intercept	667	141	4.7	<0.01
					PC1	-184	106	-1.7	0.09
					PC4	-262	131	-2.0	0.05
						<i>F</i> = 3.52	<i>df</i> = 46	<i>R</i> <sup>2</sup> = 0.13	<i>pv</i> = 0.04
<b>Δ Type 2 CSA</b>					<b>Δ Type 2 CSA</b>				
Intercept	978	184	5.3	<0.01	Intercept	978	181	5.4	<0.01
PC7	415	213	2	0.06	PC1	-318	135	-2.4	0.02
	<i>F</i> = 3.81	<i>df</i> = 47	<i>R</i> <sup>2</sup> = 0.08	<i>pv</i> = 0.06		<i>F</i> = 5.50	<i>df</i> = 47	<i>R</i> <sup>2</sup> = 0.11	<i>pv</i> = 0.02
<b>Δ LBM</b>					<b>Δ LBM</b>				
Intercept	1.2	0.2	6.6	<0.01	Intercept	1.2	0.2	6.7	<0.01
PC3	0.3	0.2	2	0.06	PC1	-0.2	0.1	-1.7	0.11
PC5	-0.4	0.2	-2	0.05	PC2	0.4	0.1	2.6	0.01
	<i>F</i> = 3.89	<i>df</i> = 46	<i>R</i> <sup>2</sup> = 0.15	<i>pv</i> = 0.03		<i>F</i> = 4.83	<i>df</i> = 46	<i>R</i> <sup>2</sup> = 0.17	<i>pv</i> = 0.01